



THE BADASS QUARTERLY

A periodic publication of the BADASS Active Bystander Campaign & the Wellness Resource Center

Take action to make sure CC is a safe, accepting, and fun place to spend your college years

The BADASS campaign focuses mainly on preventing violence, responding to people in distress, and fostering inclusivity. This edition addresses substance use and abuse.

Blocks 5 & 6 2019

Be Aware: Alcohol and Other Drugs at CC and in Our Lives

Part of being aware is reflecting on the role of substance use in our community, including the ways in which campus and broader national cultures normalize problematic attitudes and behaviors around substance use. When substance abuse is normalized, it's harder to realize how such behaviors contradict or interfere with community values of being inclusive, consent-oriented and trauma informed. We know that abusing substances can trigger and exacerbate mental health challenges; similarly, alcohol use was involved in over 80% of CC sexual assaults and drugs in almost 30%.

CC students' rates of behaviors like binge drinking and non-prescribed use of prescription sedatives and stimulants are above national averages, but actual usage is still far below perceived rates and the majority of students do not abuse substances. Still, these inflated perceptions create a false sense of normality around substance abuse, endangering community members who do engage in such behaviors and ostracizing people who don't engage. For example, assuming that friends or party-goers will drink or do drugs is not consent-oriented or trauma-informed, and it also excludes students in recovery from substance abuse.

Another part of being aware is reflecting on your own relationship to drugs and alcohol. If you do choose to use substances, what are the patterns around how you engage with them? Do your perceptions of how much other people drink and do drugs affect whether or not you do? Your own beliefs and biases also play a role—implicitly and explicitly—in how you support or prevent problematic behavior, so take a minute and give it some thought!

Decide to Act: Break the Stigma

There are many types of situations involving drugs and alcohol that might require intervention: someone is in physical danger because of how much they've consumed, other people are at risk of being harmed by aggressive behavior enabled by substances, or you notice unhealthy patterns in how someone you know is drinking or using other drugs. Additionally, there are many situations where expectations or pressure to engage in substance use violate a person's agency and autonomy as well as perpetuating harmful and incorrect ideas about what is typical. If you witness coercive or pressuring behavior it's just as important to act up as when someone is physically endangered.

Even if you have a gut feeling that intervention is necessary, it can still be hard to do so. The more people are present as witnesses to a situation, the less any one individual might feel responsible for intervention, a phenomenon known as the Bystander Effect. Also, because alcohol and drug use is seen as normative, a potential active bystander might fear or perceive that their act of intervention wouldn't be socially accepted or supported. On the contrary, other bystanders are likely having similar thoughts, and it's important to break the stigma.

Say Something: Tips for Intervention

Situational intervention techniques: direct, distract, delegate

- Direct: confront the behavior or situation head on
- Distract: Change the direction of a conversation or derail problematic behavior
- Delegate: Ask for help from those around

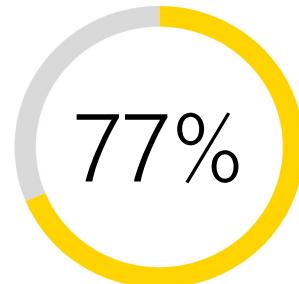
Call out harmful language and behavior

- Use "I" statements for safe and thoughtful confrontation (e.g. "I'm worried about how you're doing")
- Focus on the behavior without being judgmental of the person
- Object to language that normalizes substance abuse and perpetuates dangerous behavior

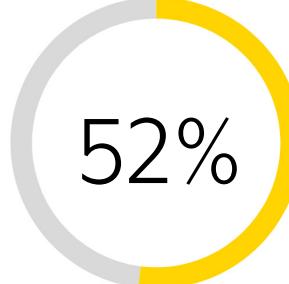
Refer to resources

- Call Campus Safety (719-389-6707) or 911
- Chris Walters (Health Educator in the Wellness Resource Center) specializes in substance use education and working one on one with students around these issues
- Alcohol and Other Drugs (AOD) support group through the Counselling Center: contact Betty Jo Smith, bsmith@coloradocollege.edu
- Alcoholics Anonymous: Wednesdays 6:00-7:30 p.m. in Sacred Grounds
- Narcotics Anonymous: Tuesdays 7:00-9:00 p.m. in Sacred Grounds
- Continue to check in with someone you're concerned about

Alcohol Overuse: Bystanders and Active Bystanders at CC



students who say they've witnessed someone drink too much



students who say they've intervened to help when they saw someone drinking too much

*data from the 2018 Healthy Minds Survey

Confidential Campus Resources:

The Sexual Assault Response Coordinator: Anna Thompson

athompson@coloradocollege.edu

Office 719-227-8101

On-Call Advocate: 719-602-0960

The Counseling Center: 719-389-6093

The Chaplain: 719-389-7986

The Butler Center Gender and Identity Development Specialist:

719-389-6198

ngough@coloradocollege.edu

Student Title IX Assistance and Resource Team:

start@coloradocollege.edu

Block 5 Events and Announcements

Welcome new SARC Anna Thompson at the meet and greet on Wednesday, Jan 23 from 4:00 to 5:30 p.m. in Worner 226. Anna is on campus as of 1/21 (First Monday of Block 5). Stop by her office to say hello in Worner 219 or email her at athompson@coloradocollege.edu

Science of Substances Panel—Tuesday, Jan 22, 4:00-5:00 p.m. in McHugh Commons

TEDsex—Thursday, Jan 24, 7:00-8:30 p.m. in Sacred Grounds. Mini talks on topics ranging from cliteracy to sexting to pleasuring penises

Basic BADASS Active Bystander Intervention Training—Tuesday, Feb 5, 5:00-7:00 p.m. in McHugh Commons

Mental Health First Aid Block Break Certification Workshop—keep a look out for more information from the WRC later in 5th block

BE AWARE. DECIDE TO ACT. SAY SOMETHING.